



Trusting God  
For A  
Better Tomorrow

Psalm 70-82 Journal

Wendy Pope

## Psalm 70

Author: David/Anonymous

Though most believe David is the author of this Psalm, we can't say with certainty who penned these words. However, not knowing the author or its origin doesn't make the message any less important or applicable. The psalmist is in danger, in a place all too familiar here in the Psalms. But sometimes, a message bears repeating.

**Read and compare Psalm 40 to Psalm 70.**

How are these Psalms similar?

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What verse, in Psalm 70, is not in Psalm 40?

What does this tell you about the psalmist's state of mind?

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### Urgency in the Ask

I love when the Bible shows the humanity of our heroes. Too often, we idolize the people in the Bible, forgetting they were real people with real problems and real emotions. David is in a bad situation. It appears that the circumstances, which compelled him to write Psalm 40, have recurred, or possibly new trouble has developed.

Can you relate? My mind immediately pressed replay to my own Psalm 40/Psalm 70 moments. When my tough circumstances recurred, I did not mince words with the Lord. Like David, I begged God to rush to my rescue.

As one would assume, the word *haste* (in the Hebrew *chuwsh* -koosh), means to hurry or to act quickly. In addition, it also means to hurry with enjoyment and excitement. David is pleading for a quick deliverance and desires for God to come—with excitement!

We often ask God to dash to deliver us, to hasten to help us in hard times, or to rush to answer a request. This begs me to ask, “How often do we dash, hasten, and rush—to obey God's ways and instructions for our life?

**Read Psalm 119:60.**

What commitment does the psalmist make to God?

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### Heart Check

Am I asking God to doing something for me that I am not willing to do for Him? Am willing to make a commitment to hasten—with enjoyment and excitement—to obey Him?

I was a Christian for thirty-three years before I truly started seeking God. Times were tough, and I had nowhere else to turn, so I finally turned to God. Unsure of what I was doing and wondering if I could even understand God or His ways, I begin to spend time with Him every morning, reading through the Psalms in my green Living Bible.

### **Earnest in the Ask**

The psalmist asks God to hurry to help him and then he prays for two groups of people—those who want to harm him and those who seek God. It is obvious why the psalmist would pray for punishment to come to his enemies, but it is less obvious why he prays for those who seek God.

But think of a harmful or hurtful situation you have faced. For what, and for whom, did you pray?

I noticed that the psalmist did not ask God to provide an opportunity for him to exact revenge. Nor did his prayer give any indication that he desired to be part of his enemy's downfall. How unhuman-like!

When hurtful situations have personally surrounded me, my flesh screams, "Revenge!" Unlike David, there is a part of me that longs to sit on the sidelines and watch God take care of business - very human-like, indeed. Yet the psalmist had the right perspective toward those who sought to harm him.

#### **Read Romans 12:19.**

What did David know?

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Is it difficult for you to wait on God's wrath?

There is no other reason to explain his prayer but that David wanted other people to know God. How fascinating that, while in moments of personal crisis, David earnestly prays for those who seek God. Again, how unhuman-like.

#### **Read Psalm 70:4.**

What is David desire for those who seek God? \_\_\_\_\_

The psalmist prayed with earnest urgency. May we be challenged—to be as concerned for others to seek God as we are about our enemies being punished.

# Psalm 70



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Word Study Wednesday – Notes from Word Study

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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## Psalm 71

Author: Anonymous

Life is a great teacher. And a life devoted to God has a front row seat to the Master Teacher. Here the psalmist's devotion to God equips him to face troubled and bitter times. As we meet him at the end of his life, we become benefactors of the lessons that he learned. We can learn how to leave a similar legacy, which will make others marvel at God.

### Lifelong Confidence (verses 1-3)

In whom do I place my confidence? Who will always be there for me? We quickly offer the Sunday school answer, "God," but an honest answer can be hard to give. Are we really willing to do a heart examination?

For many years, I placed my confidence in my husband and in our life together. Coming in second place was my best friend. It was easy to place my confidence in these two because they loved and cared about what happened to me. They were always dependable, so running to them as a refuge was second nature to me. My confidence rested in my husband and best friend because I did not believe the Lord really cared about the details of my life. But as my faith matured, I began to see the fallacy of my beliefs. My developing faith exposed me to the truth that God cared—even more than my husband and friend. And this truth silenced the lie I once believed. Contrary to what I had believed, God really did care about every detail of my life.

**Read Matthew 6:26-27.**

How can we be certain that we are valuable to God?

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This confidence will enable us to take our relationship with God from our head to our heart. And in a heart relationship with God, we will experience His sufficiency in times of troubles and come to appreciate the sovereignty of His plans.

### Lifelong Trust (verses 5-8)

Many of us can trace the birth of our faith back to the days of our youth. Yet even if we can't, a heart relationship with God cultivates a confident trust which rejoices in God's unconditional love, accepts His unlimited forgiveness, and counts on His unrestricted restoration.

**Read Psalm 71:20.**

How can this verse give confidence and cultivate our trust in God?

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### Lifelong Praise (verses 14-15)

"Will praise" is future tense, and it is a choice. The psalmist uses the verb "*will*" to declare his trust that God will see him through the present difficulty. He has been an eyewitness to

God's faithfulness, so he can confidently vow to praise Him more and more. Past trust in God lays the groundwork for future praise.

In the uncertainty of my future, I tend complain more and more instead of praise more and more. There may be some praises peppered in, but I don't always promise to praise more and more. But the more I praise, the less I complain. And the more I praise, the more I praise. Are you with me? Praise gives birth to more praise.

**Read Deuteronomy 10:21.**

For what reason should we offer praise?

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Name a "wonder" He has done before your eyes and write it down. (Turn the paper over if you need more space.)

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**Lifelong Student (verses 17-18)**

God has been trying to teach me, since my youth, but I have not always been willing to learn. I have been rebellious, resistant, stubborn, and self-willed. So God has put people in my path to soften my stubbornness and break down my resistance. He has used my sweet friend Kristi to teach me the importance of spending time in His Word *every* day. He has used His Word to show me the usefulness of His Word. And though I did not, and still don't fully understand everything I read, now I joyfully remain open to be taught.

**Read 2 Timothy 3:16-17.**

How is God's Word useful?

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Building a history of choosing to trust God helps us trust God more and more in the future. This is a life that others will call a marvel (See verse 7). This is the life I want to live. What about you?

# Psalm 71



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## Psalm 72

Author: Solomon

King David's life is coming to an end, and his son Solomon has been declared king (1 Kings 1:34). Israel is at the height of power and prosperity. There is peace in the land. Finally, the people speak of hope for Israel under this new leadership, instead of only deliverance from enemies, conflict, and pain.

This Psalm is both a prayer for Solomon and prophetic in nature, because it also speaks of the coming King whose rule will be from sea to sea (verse 8). David's coming King is our King, Jesus, and David captures His characteristics in these Moreover, they offer a charge to His children.

### **Read Ephesians 5:1.**

What are we charged to do?

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If we are to imitate Him, we must know what Christ is like. By studying David's description of the King, we can know what Christ is like and then accept the charge to be like Him.

### **Defend (verse 4)**

Who are the afflicted? The Hebrew word for *afflicted* is ani (aw-nee). Its meaning might surprise you. At first glance, one might assume that afflicted refers to the sick. But in reality, the afflicted is anyone depressed in mind or in circumstances. Who among us can't think of an individual who is depressed in mind or circumstances? The depressed aren't just found on the street corner. They may be sitting in the seat next to us each Sunday, or they might be in the cubicle beside us at work. With so many in need, how can we make a difference in their lives?

Years ago, Christian artist Babbie Mason recorded, "Each One, Reach One". What a great word! Just think of the difference we can make if each person in our study would reach just one of these afflicted or oppressed.

### **Read Proverbs 31:9.**

How can we each reach one?

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**Read 1 John 3:17.** How do we demonstrate God's love in us?

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Pause to pray, and ask God to give you the name of someone who you can reach today.

### **Care (verse 12)**

Another characteristic of the coming King is care. He cares—for us and for all those who are needy. We demonstrate our love for God when we provide for and look out for those who have no one to help. We *hear* their cries when we read a pamphlet in our mailbox, see a commercial on our television, or pray the prayer list from Sunday school. The stories of these,

often nameless and faceless individuals, should do more than capture our attention for a mere moment. They should change our actions for a lifetime.

**Read James 1:27.**

How does God view our help to the distressed?

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As believers, we have a responsibility to carry out the call of Christ. Jesus fed the hungry, helped the hurting, and watched out for the weak. As we extend our hand or open our wallet to those in need, we invite the supernatural work of the Holy Spirit into our lives as well as into the lives of those we help. In caring for the needy, we may be lifting up the person who will one day find a cure for cancer, translate the Bible into the last known language, or marry our granddaughter.

**Read Matthew 25:34-40.**

Who are we helping when we help the afflicted or those who have no help?

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We would never willingly turn God away, would we? While we want to help others, is it our responsibility to help *everyone* in need? No. Our responsibility is to help those God *leads* us to help, so we must be discerning and follow His leading. Yet we can't let our resources limit us, and we can trust God to help us help those who have no help, even if it stretches us sometimes. He fills in all the blanks.

**Read Proverbs 19:17.**

What is God's response to our sacrifice?

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Defend the defenseless. Care for the neglected. Imitate our coming King. Act justly, love mercy, and walk humbly with your God. (Micah 6:8)

# Psalm 72



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Psalm 73

Author: Asaph

Asaph, a leader of one of the Temple choirs, is bearing witness to societal ills we face today. The relevancy of the Bible never ceases to amaze me. Asaph watched the wicked prosper and those with less fall victim to envy wishing they could trade places. Not only had he witnessed such, he allowed what he saw to get inside his soul and feed his spirit. The result? Bitterness, envy, and grief.

No one wants a life of bitterness, envy, and/or grief. We can starve our spirit of such negative emotions when we feed it the opposite. Feeding our spirit with the positive will help us stay strong in our faith when we wrong wins and arrogance succeeds.

### Satisfaction Rather than Bitterness

*"God is most glorified in us when we are most satisfied in Him."* ~ John Piper.

The first decision we have to make is whether or not we are alright with God getting the glory. Until we answer this question, our heart will be fertile soil for the root of bitterness to grow. It is impossible for God to be glorified when we seek to satisfy ourselves.

From the moment we give God, His will, and His ways priority, a supernatural something happens. You can't explain it - you have to experience it. The more we experience the glorification of God, the more satisfied we become with our lives. Our thought process changes: we begin to see ourselves as "the haves," people who have, while what we don't have is no longer a concern.

The more satisfied we become, the more we want to glorify God. We learn and live Piper's truth, then come to recognize that glorifying God is the source of our satisfaction.

### Read Isaiah 42:8

How does God feel about His glory?

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Is it easy to see wrong win and evil succeed? No, it isn't. We can fight against the advancement of wrong and evil by fighting for right and good. With all our might we can follow the truths in Micah 6:8b and 1 Corinthians 10:31 and glory God.

### Write both verses below.

Micah 6:8b

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1 Corinthians 10:31

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### **Confidence Rather than Envy**

*"No one can make you feel inferior without your consent."* ~ Eleanor Roosevelt

That's the truth, Eleanor. A sad but true fact is that we sacrifice our confidence on the altar of comparison. Envy is the feeling of discontent as we view other's advantages and success. We weren't born with a DNA code marked "no confidence." This wrong view grows each time we go to this altar.

If we carefully survey our past, we can pinpoint the genesis of our envy issue. Something stole our innocence. Someone who had more made us feel inferior because we had less. I remember loving the new jacket my mother bought me until someone told me it was "pleather", not leather. It was only a little something, but lots of littles add up to big, and very early in life we forgot who were created to be.

### **Read Ephesian 2:10**

Who are you? (Start your answer with "I am...")

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In whom were you created? \_\_\_\_\_

What were you created to do? \_\_\_\_\_

It's doesn't stop there, friend. The English word *poem* is derived from the Greek form of the word *workmanship*, *poiéma* (poy'-ay-mah). You are God's poem. I am God's poem. Each child is a poem in God's book of poetry. Can we commit to celebrate our uniqueness rather than sacrificing it based what we don't have or can't do?

### **Joy Rather than Grief**

*"Do not grieve, for the joy of the Lord is your strength."* ~ The prophet Nehemiah

The psalmist's soul is grieved because he has allowed his feelings about "the haves" to consume him. In his grief he called out to God. It was in this simple act of humility where he grabbed the tiniest bit of strength, enough to propel him to the sanctuary where he met with truth. Truth leads to freedom, freedom to joy, and joy to strength. Joy starts with humility.

### **Read James 4:10**

What does God do for the humble?

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Feed your soul with right stuff and the wrong stuff won't grow.

# Psalm 73



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## Psalm 74

Author: Asaph

Asaph, the choir director, passionately expresses his feelings to the Lord using many question marks and exclamation points. He laments, "Why? How long? Destroy them!" Through his rants and raves, something happens. The questions he asks and exclamations he shouts bring his thoughts to a new place - a place of remembering.

Friends, we can trust God with our feelings, questions, and temper tantrums. He can handle all the emotions His daughters can muster up - and boy, do we have some emotions.

Asaph teaches that emotionally purging our deepest hurts and concerns is good for our spiritual health. Doing so brings us to the end of ourselves straight into the very capable arms of God. His example is one we should write down and tuck away for the day we will need it.

### **Get alone with God:**

#### **Rewind Your Mind to Great Acts of God throughout History**

Look up the following scriptures to rediscover some of God's great acts. Write the great act in the space below the reference.

Genesis 1:1

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Genesis 2:22

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Joshua 3:15:17

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Daniel 6:19:22

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Luke 2:6

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**Which act of God listed above most amazes you and why?**

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### **Get Alone With God:**

#### **Rewind Your Mind to Replay what God has Done for You**

Hymn night was a huge hit at my childhood church. One Sunday evening each quarter, we would all gather in the main sanctuary to sing. The choir director would point to a section and

the people would bellow out the number of their favorite hymn. Inevitably someone from the crowd would shout, “644.” The accompanist would begin to play and the congregation would sing:

*“When upon life’s billows you are tempest tossed. When you are discouraged, thinking all is lost. Count your many blessings, name them one by one. And it will surprise you what the Lord hath done. Count your blessings, name them one by one. Count your blessings, see what God hath done.”*

Rewinding the blessings and counting them one-by-one can bring on a personal revival. Our chorus will also confuse the enemy. Our praise pulls us from the pit and enables us to break his stronghold of despair.

**Read 2 Chronicles 20:1.** Briefly describe the situation.

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**Read 2 Chronicles 20:5-9.** How does the king respond to the situation?

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**Read 2 Chronicles 20:22.** What is the Lord’s response?

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### **Get alone with God:**

#### **Rewind Your Favorite Worship and Praise Songs**

Dust off a hymnal, dig the worship CDs out of the drawer, dial up your local Christian music station, or discover new tunes on YouTube. Whatever it takes, praise God today. Let the power of rewinding transform your thinking. Asaph says, “But God is my King from long ago; He brings salvation on the earth.”

#### **Read Psalms 150:1-6**

Get with God. Sit with God. Don’t leave until you feel relieved. Who needs music? Read these verses aloud several times and watch what happens to your disposition. If nothing happens, check your pulse.

# Psalm 74



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Word Study Wednesday – Notes from Word Study

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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# Psalm 75

Author: Asaph

When naming my children, I was more concerned about *who* they would be named after rather than *what* their name meant. If I had considered the meaning, my daughter would not have been “dweller on the plain” and, heaven help me, my son “strong lord.”

In Bible times, individuals were given name based on the meaning and their name spoke of their character. Abram was later named Abraham which means “father of many.” Esau means “red” because of his red hair. Jacob was born holding on to Esau’s heel and his name means “holder of the heel.”

For fun, who were you named after and what does your name mean?

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## The Name

*...for Your Name is near... Psalm 75:1b*

Oh the wonder and renown of His Name! And greater still His renown is near! Ha Shem` (Shame) is the reputation, fame, and glory of God, the expression of the essential nature of the name bearer. The one true God expresses His nature through many names. Time constraints limit our name study, but what fun it would be to study them all! Let’s study as many as we can.

### LORD, Jehovah (yah-weh)

Yah-weh is used more than 6500 times in the Bible, more than any other name of God. This name of God expresses His omnipotence as absolute ruler. Jewish tradition tells this name of God was too holy to say aloud. Can you imagine? Yah-weh is first mentioned in Genesis 2:4, *“This is the account of the heavens and the earth when they were created, when the LORD God made the earth and the heavens,”* represented with small upper case letters.

### Read Exodus 3:13-15.

To whom does God first introduce himself to as LORD? \_\_\_\_\_  
Why do you think it was important for this person to know God has absolute rule?

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### Lord, Master, Adonai (Ad-o-noy`)

A parallel to Yah-weh is Adonai. It too, is Lord but spelled with only one capital letter. Lord occurs 434 times in the Bible, 200 times in the book of Isaiah. Lord is first mentioned in Genesis 15:2, *“And Abram said, Lord GOD, what wilt thou give me, seeing I go childless, and the steward of my house is Eliezer of Damascus?”*

### Read Psalm 130

Who is the psalmist pleading with in 1a? \_\_\_\_\_

Who is the psalmist pleading with in 1b? \_\_\_\_\_

In your prayer time, call out to Yahweh as your omnipotent God and Adonai as your loving Master.

### **The Lord My Banner, The Lord My Miracle -Jehovah Nissi (yeh-ho-vaw nis-see)**

Picture it. After been enslaved for over 400, the Israelites are finally free. Moses led them to freedom through the Red Sea; with his staff brought water from a rock, only to have the new found freedom threatened by the Amalekites. He gives the command to Joshua to gather a few men to fight. Moses knew they needed a miracle.

#### **Read Exodus 17:8-10**

What did Moses do while his men fought?

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After the victory, what did Moses call the altar he built?

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Have you ever needed miracle or received a miracle? Raise the Banner!

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### **El Roi**

One of my favorite stories in the Bible introduces us to my favorite name of God. After becoming pregnant with Abram's baby Hagar is mistreated by Sarai. The distress caused Hagar to leave.

In the desert, an angel of the Lord speaks prophecy over her life and the life of her unborn child. Hagar was overcome at God's attention to her needs. She gave God a name that is not repeated anywhere in the Bible.

#### **Read Genesis 16:13.**

What does El Roi mean?

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What does having El Roi in your life mean to you?

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How wonderful to have One God with many names! He has a name for all our needs. In your personal study, do a Google search for the names of God to see all His names. Take your prayer life to a new level by praying for your needs according to His names.

# Psalm 75



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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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## Psalm 76

Author: Asaph

Asaph pens some harsh words. Too harsh to read and conceive for those who like to think of God as only a God of love, grace, and mercy. My mind repeats, *“For God so loved the world that He gave His only Son that whosoever believes in Him shall not perish but have everlasting life.”* (John 3:16) He does love the world, but Asaph was speaking to those who had full knowledge of such a God, a concept unfamiliar to Jesus girls like you and me.

For those of us Jesus girls who really can't put into words the meaning of God's wrath, here is a good definition: God's wrath is His righteous anger and punishment provoked by sin.

God becomes angry when His children willingly and continually rebel against His authority and disregard His sovereignty without repentance. The God of the Old Testament is the same God in the New Testament. He hates sin and will not ignore it.

Are God's children today any different than those of Asaph's day? \_\_\_\_\_

Unfortunately, we are not. We rebel against His authority and disregard His sovereignty. Though our behavior is not different, our opportunities to escape God's wrath are.

### **Read John 3:16**

What opportunity do we have to escape God's wrath that Asaph's audience did not?

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Those who accept Jesus as Savior will not perish in the final judgment and wrath of God as outlined in the book of Revelation. Can I get a collective amen and thank you Jesus? However, we live in a fallen world, surrounded by those who have not accepted and will not accept the free escape from the final wrath.

### **Read Romans 1:18**

What is being revealed?

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The wrath of God, His anger and punishment, is provoked by the sin of the godlessness and wickedness of those who suppress the truth. God is Truth and He has clearly revealed Himself, therefore humanity is without excuse. (Romans 1:19) He will not be suppressed.

### **Read Romans 1:26**

What is God's response to those who are indignant to Him?

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God will not force anyone to follow and believe Him. If humanity wants to exchange truth for lies and serve created things rather than the Creator, the Creator will not stop them. In the meantime, as believers who live among them as long as Jesus tarries, we have a responsibility to continue to present the gospel and saving grace of Jesus.

Even though God gives us over to our desires, He does not stop desiring for us to turn to Him.

**Read 2 Peter 3:9**

How does this verse support the previous statement?

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What is our responsibility to those who have exchanged truth for lies and creation for the Creator?

**Read Mark 16:15.**

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### **Were It Not For Grace**

When I think of God's wrath, my mind naturally gravitates to His grace. In the 80s, one of my all-time favorite contemporary Christian artists, Larnelle Harris, recorded *Were It Not for Grace*.

*Were it not for grace I can tell you where I'd be  
Wandering down some pointless road to nowhere  
With my salvation up to me I know how that would go  
The battles I would face forever running but losing this race  
Were it not for grace*

The difference between those who have accepted God's grace and those who have not is confession and forgives. We sin. We confess. He forgives. We sin again. He forgives again. We can't out-sin His grace. Amen? Amen.

**What do 1 John 1:9 and Psalm 103:12 say about our sin?**

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Spend some time in prayer for those who are rejecting truth. Spend some time praising God for grace. *Were it not for grace, I can't tell you where I'd be.* What about you?

# Psalm 76



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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## Psalm 77

Author: Asaph

We have read and studied the work of more than one psalmist who has lamented himself into a personal revival. The theme is lament, lament, lament, remember. According to our composers, remembering delivers us from a spirit of deflation to a spirit of celebration.

Through the psalmist's example we learn that even remembering hurt can deliver us to a place of hope.

### Read Jonah 2:7

How did Jonah describe his life? \_\_\_\_\_

Jonah's heart and soul was hurting. As a result of direct disobedience Jonah found himself in the belly of the whale. No wonder he was fainting away. Though the Hebrew word used for *ebbing away* describing Jonah (astaph -awtaf) is not the same as *distress* (tsarah-tsaw-raw') describing Asaph, we see the picture of two people blanketed in adversity and strife.

### Read Jonah 2:7 and Psalm 77:3.

What word occurs in each verse? \_\_\_\_\_

Where did remembering take them? \_\_\_\_\_

Remembering brought Jonah and Asaph to the Lord. When there is a history of praise deposits in our memory banks, the praise will be there when we need to make a withdrawal. This method served the psalmists well and will serve us well also. We have to train our minds to think praise.

### The Training: Filling our Banks

I can't say training my mind to praise is easy. My mind naturally gravitates to the negativity of a personal pity party, and then I remember to praise. One day, God willing, I will move straight from plight to praise without ever making a pit stop at pity.

Training is hard work. Training is intentional and deliberate. We are blessed to have instruction on the subject of thinking training from the Apostle Paul.

### Read Philippians 4:8-9

Make a list of what Paul says will train or retrain our thinking.

\_\_\_\_\_  
\_\_\_\_\_

### Read Verse 9 again.

What is the result of such training? \_\_\_\_\_

Isn't peace in our time of distress exactly what we long to have? It is ours for the taking, well training. Rather than wrong, think right, noble, not lowly, true, not false, pure, not counterfeit, lovely, not ugly, admirable, not detestable, excellent, not inferior, and praiseworthy, not dishonorable. It can be done, intentionally and deliberately.

## **Withdrawal: There When We Need It**

Banks hold our money until we need it; much like our mind holds the treasures of our right, noble, true, pure, lovely, admirable, excellent, and praiseworthy thoughts. They are in our memory bank until we need them.

My daughter spends time each summer volunteering at a nursing home in our area. She says the men and women sit quietly most of the time but when someone comes in and plays hymns, they start singing. Yes. They may not remember their full names, but they remember every word to the hymns.

### **Read Proverbs 15:9.**

What makes a cheerful face, other than singing hymns?

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Banks also pay interest. Not much, I know, but the amount we put in does grow even if the growth is marginal. The Lord's Word grows when planted in our heart and mind. This why the seniors adults not only remember the words of those hymns, they also remember Bible verses they learned.

### **Read Isaiah 55:11b.**

What does God say about His Word? \_\_\_\_\_

You don't have to be in your golden years to experience the joy of depositing God's Word in your heart and mind. I was 33 when I started making good deposits in my memory bank. The dividends of God's Word, all that is right, pure, lovely, and true never returns empty.

## **Remember Not?**

We have spent our lesson discussing the importance of remembering. Asaph has demonstrated its power. But there are some things we should not remember, that should not be part of our memory bank.

### **Read Isaiah 43:18-19**

Why should we forget the past? \_\_\_\_\_

God is always up to something new and something good. Our tendency is to forget the only pain from our past but God is suggesting something contrary. In the previous scriptures He recalls all the amazing things He had done for His people. Essentially, God says in verses 18-19, "You think that was great. You just wait? Make room in the bank for amazing!"

# Psalm 77



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Word Study Wednesday – Notes from Word Study

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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# Psalm 78

Author: Asaph

If we aren't careful, we can easily read Psalm 78 as yet another "remember" psalm written by Asaph. In Psalm 77, Asaph encourages us to remember so we might trust Him. In Psalm 78 we are encouraged to remember God's faithfulness so we can encourage others to trust in Him.

## The Truth Hurts

It's difficult to hear our loving God describe His children using such harsh adjectives as stubborn, rebellious, disloyal, and unfaithful. Were they really all that bad? Yeah, they were. Sad indeed, but true.

**Read Psalm 78:37.**

What was the heart of the problem? \_\_\_\_\_

The heart of the problem was their heart. God gave the 10 commandments and the Levitical as well as the Ceremonial Law for His people by which to live. One might consider all of the above overwhelmingly impossible to keep - and they were. In an attempt to sum up the law, God gave Moses 19 additional words.

**Read Deuteronomy 6:5. Write the 19 words in the space below.**

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**Peruse Psalm 78. List a few examples of where they went wrong.**

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## A Family Resemblance

It's hard to understand how God's children could be stubborn, rebellious, disloyal, and unfaithful when they had experienced God in such miraculous ways. For most of my life I threw figurative stones at the Israelites, judging them for the rebellious and idolatry. The words "He who is without sin cast the first stone," quickly brings this rebellious, idol worshipping, disloyal, and unfaithful child of God to her knees. (John 8:7)

**Read Matthew 22:36-40.**

What does Jesus have to say to the New Testament Believer about our heart?

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Oh, I *want to* love the Lord God with all my heart, my soul, strength, and mind. My "want to" needs some adjusting by gaining a deeper understanding of the greatest commandment God ever gave.

How can we experience God in such miraculous ways and not love him with all our heart, soul, strength, and mind? Can you see the error of my ways? I had no business being judge and jury against the Israelites. I experience God in miraculous ways, and yet fail to fully love Him the way He has commanded me to love Him. There are two questions begging to be answered. The first: *What does a Matthew 22:37 love look like?* And the second... stay tuned.

### Love like This

We must understand, apart from the abiding presence of the Holy Spirit in Matthew 22:37, love is impossible. The flesh can't love like this, but the Spirit can. Since God has commanded us to love like this, we should understand what kind of love this is. The Hebrew transliteration for *love* is *agapao* (ag-ap-ah-o). And it means to welcome, to entertain, to be fond of, and to love dearly. Wow. Now that is powerful - and a great lead to the second question: *Do I love Him that much?*

**Read John 14:15.**

How do we demonstrate a Matthew 22:37 love God?

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We demonstrate we have a love like this for God by obeying Him. On the flip side, we demonstrate that we do not have a love like this for God by disobeying God. Our response is to obey without delay. No compromises or clauses. Just love. Just obey.

**Spend some time in prayer and respond to the second question.**

A love like this involves more than our heart. God commands us to also love Him with *all* our soul and *all* our mind. Our soul is the seat of our feelings and desires. Our soul is our center of understanding and way of thinking. Before we allow ourselves to be overwhelmed by this single verse, let's remember we are not alone.

**Read John 14:16-17.**

Who will help us love like this? \_\_\_\_\_

What will He do? \_\_\_\_\_

Girls, the truth does hurt, but it also heals. Our healing frees us to love God with a Matthew 22:37 love. When we love God like this, we can fully and without reservation embrace the truth of Matthew 22:39. Check it out. That, my friend, is a whole other lesson.

# Psalm 78



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Word Study Wednesday – Notes from Word Study

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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## Psalm 79

Author: Asaph

The Israelites are witnessing complete devastation of their homeland. The unthinkable has happened. The city has been reduced to rubble and the Temple turned to ashes.

“How long?” Asaph asks the Lord. “How long will you let this go on?”

70 years. Yes, the Israelites’ devastation would continue for 70 years. So many years of destruction is hard to imagine, but it was not without years of warning. The warnings were ignored, even mocked. Though God did not owe His children any advance notice, His love compelled Him to give them chances to repent.

Their hearts, cold and distant, had turned to the fiery pull of other gods. The once devoted children were now rebellious to His word and resistant to warnings. We want to profit from their loss, learn from their mistakes, and answer the burning question, “How come?”

### How Come?

How could this have happened? To answer our burning question we are going to park in the book of Jeremiah. Jeremiah loved his people and his land. He had the very challenging task of facing his people with the truth of their idolatry and disobedience. Some job, huh? It is better that the truth come from one who loves us than one who doesn’t.

### Mistake 1

**Read Jeremiah 2:11b.**

What mistake did God’s people make?

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Our world is terribly enticing and contrary to God’s ways. It offers fast and now, while God asks us to wait and see. With its shouts of “It’s all about you”, we can barely hear the Spirit’s whisper, “It’s all about me.” Everything is wrapped beautifully with perfect teeth, thin bodies, fast cars, lavish homes, and growing careers. The price is too high! We can’t afford to exchange God’s glory for worthless idols.

**Read Exodus 20:1.** Write the verse below.

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The Sunday school answer is, “Of course I don’t have idols. I worship only God.” That is the exact lie I told myself until I learned that an idol is any person or thing regarded with blind admiration, adoration, or devotion. Girls, we forfeit God’s glory in our lives when we give admiration, adoration, or devotion to someone or something other than Him. When we surrender our idols, we receive His power and glory. Not a bad exchange, huh?

Check out Jeremiah 2:25 for a quick word on how *not* to respond to God’s graceful warnings.

The pull of false gods can be so strong that we believe we *must* run after them (Jer. 2:25).

## **Mistake 2**

### **Read Jeremiah 2:23**

How did the Israelites respond to Jeremiah's accusations?

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Denial is dangerous and disrupts our intimacy with God. We can exchange needless distress by simply acknowledging and confessing our sin. His forgiveness blankets our soul with an inexplicable peace, leaving us wondering why we did not confess sooner.

## **Mistake 3**

### **Read Jeremiah 6:19**

What was rejected? \_\_\_\_\_

We show contempt for God when we refuse to listen and obey His Word. In doing so, we invite the consequences of our disobedience into our life. Oh friend, God's Word has the power to heal, teach, and train (2 Tim.3:16-17). As we accept and obey His Word we are given the power to accomplish the impossible and the grace to give Him the glory.

## **Mistake 4**

### **Read Jeremiah 7:23**

What simple two-word command did God give? \_\_\_\_\_

Simple, yet complex: obey me. All God wanted and still wants is our obedience. Not because He is bossy, but because He knows best. When we obey God, we exchange the insecurity of our free will for the security of His.

"How come" boils down to obedience. Had the Israelites obeyed God, they would not have exchanged God's glory for idols, freedom of forgiveness for the distress of denial, or the wise counsel of His Word for the destruction brought on by their own choices.

Studying this lesson has been as ghastly as standing in front of a full-length mirror completely naked. But God's truth will cover nakedness with robes of righteousness and clothe shame with grace. These new clothes never wear out or go out of style, and we can't ever outgrow them. Now that good news gives this woman great hope!

# Psalm 79



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Word Study Wednesday – Notes from Word Study

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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## Psalm 80

Author: Asaph (or a Descendant)

The enemy has brought destruction to Israel. God's people are devastated. They have not only been moved from their homeland but also scattered from each other. The consequences of blatant disobedience and disregard for God finally caught up with them. Defeated and deported, once again, they are desperate for God.

Often, we find ourselves defeated and deported from the place we feel most secure: a relationship, a great job, perfect health. Perhaps the move to this foreign place is a direct result of disobedience and disregard for God. Or just maybe we are a casualty of someone else's disregard for God.

Regardless of how we arrived, with our feet planted on foreign soil, we are in a place desperate for God. Desperate for His restoration. Desperate for a revival.

### Restore Me, Oh God

Desperate times call for repetition. Three times, the psalmist cries out for God to restore the people. Too often, our stay in foreign territory is extended because we don't want to do the work required to get back home. Whether our displacement is related to our sin or the sin of another, we can always draw closer to God.

#### Read James 4:8.

What happens when we draw near to God? \_\_\_\_\_

God draws near to those who draw near to Him. The psalmist cries out, "Restore us." The word *restore* is more closely translated as *return*, which means to turn back. An impure heart can't be close to God; therefore turning back requires the necessary work of a heart examination.

This is examination necessary but necessarily pleasant. It's like getting a tooth filled. The cavity hurts and the dental work is uncomfortable. However, the result is well worth the experience.

#### Read Joel 2:12.

How does the scripture describe a heart returning to God?

\_\_\_\_\_

We must return to God like we mean it. With weeping hearts, fasting bodies, and mourning spirits. This heart examination might require a changing of the television channel or radio dial. Our mourning spirit might reveal unhealthy relationships that need to be severed. A weeping heart will recognize and confess sin. There is work to be done when we return to God. Girls, we have nothing to fear. The result is well worth the experience.

#### Read Joel 2:13.

How does Joel describe God?

\_\_\_\_\_

Without the returning of our heart, there is can be no revival of our life.

Several years ago I found myself defeated, deported, and desperate for Jesus. I wasn't new to the faith, but I was new to the application and power of God's Word. Thumbing through the pages of Psalms, I came to Psalm 139. I was familiar with the text, and knew it would bring me comfort, so I started reading. "I am fearfully and wonderfully made. He created me." The words were a salve for my wounded heart, until I got to the verses 23-24.

David gives God permission to search his heart, much like our lesson has challenged us to do. Out of sheer desperation I prayed this prayer:

*Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I'm about; See for yourself whether I've done anything wrong—then guide me on the road to eternal life. (The Message)*

Girls, revival follows revelation. As I turned my heart to God, He cross-examined it and revealed all that was wrong. With patient grace, He guided me to make the changes necessary for healing and a hopeful future.

**Read Psalm 139:1-5 and 23-24 aloud.**

Personalize these verses and write a prayer. Make a commitment to pray the prayer until revival comes.

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### **Bring a Revival, Oh God**

A revival has much to do with our soul and little to do with our circumstances. While the turning of my heart did lead to a personal revival, it did not change my position of deportation. I was still living far from happy. Even though it was not well with my circumstances, it was well with my soul. He taught me to live in revival.

The key to living in revival is remaining desperate for God. Revival living continues to invite God to complete a heart examination. It submits to the guidance of the Holy Spirit and intentionally does all things necessary to draw close to God. Revival living never ceases to pray and praise God even if the praying and praising are accompanied by tears.

**Read Philippians 4:13.**

What was Paul's victory chant?

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Living in revival isn't always easy, especially if our deportation status has not been updated. The apostle Paul learned to be content in all circumstances. He never did make it back to his happy place; however, he chose revival living rather than defeated living.

# Psalm 80



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Word Study Wednesday – Notes from Word Study

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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# Psalm 81

Author: Asaph

Asaph pens a hymn for the holiday. The Feast of Tabernacles is the time of year when the Jews come from all over the nation of Israel to gather in Jerusalem. Their purpose is to remember and revel in God's abundant blessing. This is one of seven festivals God instructed His people to celebrate and occurs each fall.

**Read Leviticus 23:41-43.**

Why was the holiday called The Feast (Festival) of Tabernacles?

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The Israelites lived in temporary living quarters as they journeyed from Egypt to The Promised Land. In addition to celebrating God's abundance, they also celebrated His deliverance from slavery. They experienced God's provision and protection every day they lived in temporary tents.

**Read Numbers 14:26-34.**

How long did the Israelites live in temporary tents?

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For forty years God's chosen people, the people He loved, had to live and die in the wilderness. Even in the temporary living quarters of the wilderness God did not stop caring for His beloved Israel. Yes! God can be experienced in the wilderness.

## Temporary Tents

**Read 2 Corinthians 5:1**

Who also lives in a temporary tent?

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Paul instills in the believers in Corinth a confident hope of a future heavenly body. This same future belongs to all who have faith in God through His Son Jesus. This news is so glorious to one who experiences the aches and pains of their aging tent.

So the future is bright and glorious with the promise of experiencing eternal life, with a new never aging, sagging, or sick body, but what about the here and now? Can we experience God in the here and now of temporary tents? The answer is a resounding yes!!! He provides for and protects us just as He did His beloved Israel.

## The Wilderness Experience

It is God's greatest delight to share the journey of the wilderness experience of our temporary home. His intent is to provide everything we need. The only thing He wants from us is to want Him.

**Read 2 Peter 1:3.**

What has God provided for our wilderness experience?

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Through His divine power, God has given us everything we need for a godly life through our knowledge of Him. The key to taking hold of the truth in the first part of 2 Peter 1:3 rests upon commitment to the last part. Our knowledge of God is found in our experience with Him.

Often we equate knowledge of God only with the study of His Word. Hear me clearly; from one who adores the ancient words, studying them is not the only way to gain knowledge of God. Studying will give mind knowledge, experience gives heart knowledge. We need both.

Dictionary.com defines *experience* as knowledge or practical wisdom gained from what one has observed, encountered or undergone. Experiential knowledge of God is established when we trust God even when we don't understand Him. During the wilderness times of life we can experientially know God through this providence, provision, and protection.

#### *Providence*

**Read Exodus 13:17.**

God knew the Israelites may grow weary and want to return to Egypt. How did His provision keep them from war?

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#### *Provision*

**Read Exodus 16:4.**

How did the Israelites experience God's provision?

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#### *Protection*

**Read Exodus 14:21-28.**

How did the Israelites experience God's protection?

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As we wander in the wilderness we discover God does not abandon His children. Through life's toughest times God displays His mightiest power. In our wilderness time we meet God personally. Experiential living with the living God makes tent dwelling bearable and temporary wilderness travel passable.

When the wilderness passes and deliverance occurs, our memory bank will be full of God's providence, provision, and protection. The memories will cause celebration and praise. We can have our very own Feast of Tabernacles, reminiscing and passing along God's faithfulness to future generations.

# Psalm 81



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Word Study Wednesday – Notes from Word Study

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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## Psalm 82

Author: Asaph

I love courtroom dramas, always have. I sit on the edge of my seat as time ticks and the show draws to an end. With minutes remaining, the jury's foreman reads the verdict. Sometimes justice is served. Sometimes it is not. That's Hollywood.

There is another courtroom where God resides. He sits on His throne, filling the role of both judge and jury. His authority prevails as He rights all wrongs. With excellence, He sees that justice and mercy walk hand-in-hand. That's God.

**Read Deuteronomy 32:4.** Write in the space below. Circle the words and phrase that support God will rule justly.

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Life is not as Hollywood portrays; nor have we experienced the righting of all wrongs. We live in a world filled with injustices. The Reverend Billy Graham said it best in his prayer for America, "The poor have been exploited, laziness has been rewarded, the murder of unborn babies is called choice, the abuse of power is called politics, and the ridiculing of the time-honored values of our forefathers calling it enlightenment."

What is our role as we live as eyewitnesses among the chaos? If you are a leader, let God lead you so you will be a God-led leader. If you are not a leader, pray for all leaders to be God-led leaders.

### Being a God-led Leader

I remember when I was young; I admired leaders because they got to boss people around, then sit back and watch others do all the work. May I emphasize the word *young*? These lofty and naïve thoughts came before I was actually a leader.

There is power and authority associated with leadership, but there is also a tremendous amount of responsibility as well. Being a leader at any level is not a job for the weak-at-heart. To be the best God-led leader possible, we must follow the leadership design of the greatest leader who ever lived, Jesus.

**Read the following and fill in the blanks.**

Philippians 2:3

God-led leaders count others more \_\_\_\_\_ than they count themselves.

Read Matthew 28:20.

God-led leaders desire to \_\_\_\_\_ rather than be served.

Read John 6:38.

God-led leaders seek to follow God's \_\_\_\_\_, not their own agenda.

Read Romans 13:1.

God-led leaders recognize all authority come from \_\_\_\_\_.

Oh, how different the world would be if all leaders were God-led leaders. With God-led leaders, we would see the homeless receive shelter, the hungry fed, and the orphaned find families. Could we feel rays from the warmth of God's smile, if we only had more God-led leaders?

The sad reality fills our newsfeed on Yahoo and is spread across the front page of our newspapers. The homeless are homeless, the hungry are hungry, and the orphaned are still orphaned.

### **The Christian Response to Non-God-led Leaders**

**Read Romans 13:1.**

What is the Christian's Biblical response to all authority? Why?

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This is a difficult truth to obey when leaders, though God-appointed, make decisions which confirm they are not God-led. It is easy to become indifferent toward non-God-led leaders even becoming hostile and disrespectful. Scripture clearly mandates Christians to respect authority, and obedience pleases God.

**Read 1 Timothy 2:1-4.**

What else pleases God? 

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We are accountable for submitting to and praying for our leaders. God will hold leaders accountable for their actions. (Hebrews 13:17) The accountability to God demonstrates the intense responsibility a leader accepts when saying yes to a position of leadership. Let's do our part and let God do His.

Lastly, our response to non-God-led leaders is to do what God commanded, even if they are not. The psalmist clearly indicated where the leaders had failed.

**Read Psalm 82:3-4.**

What were the God-appointed leaders to do?

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Scripture often repeats what Asaph states in Psalm 82. We can't blame all poverty, homelessness, and parentless children solely on non-God-led leaders. All Christians are responsible for following God's mandate in verses 3-4. Ask God - how can you obey Him today?

# Psalm 82



## Message Monday – Notes from Video Teaching

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## Truth Tuesday – What truth is God currently teaching you?

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## Word Study Wednesday – Notes from Word Study

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## Thankful Thursday – Praise God for something He has done for you.

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## Faith Stretching/Faith Strengthening Friday – How is your faith being strengthened/stretched?

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## About Wendy



Wendy is a wife to Scott, mother to Blaire and Griffin, author, speaker, and Bible study teacher. Whether in the pulpit or on paper her passion is Biblical application. Wendy leads women all over the world to life change through her in-depth online Bible studies. She is witty and down-to-earth, and transparent in her teaching so that every woman feels that she is speaking directly to their heart.

She loves lazy Sundays watching golf with her husband, thrift store shopping with her daughter, and eating Bojangles with her son. Wendy's bucket list includes being the murder mystery to solve on CSI-Vegas and holding the hush-board on the 16<sup>th</sup> green on Sunday afternoon at the Masters.

She's the author of *Trusting God for a Better Tomorrow*, *Out of the Mouths of Babies*, contributing author to *God's Purpose for Every Woman*, *The Reason We Speak*, *Encouragement for Today Devotional* and *The Real Life Devotional Bible for Women* (NIV).

If you are interested in having Wendy lead your next event, visit [www.wendypope.org/speaking](http://www.wendypope.org/speaking) or contact her speaking coordinator at Proverbs 31 Ministries at 1-877-731-4663.

## About Proverbs 31 Ministries

If you were inspired by *Read Thru the Word* and desire to deepen your own personal relationship with Jesus Christ, I encourage you to connect with Proverbs 31 Ministries.

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- Daily radio program
- Books and resources
- Online Bible Studies
- COMPEL Writers Training [www.compeltraining.com](http://www.compeltraining.com)

To learn more about Proverbs 31 Ministries or to inquire about having *Wendy* speak at your event, call 877-731-4663 or visit [www.Proverbs31.org](http://www.Proverbs31.org).

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